

# Online Facilitator Volunteer

Confident with  
online video  
conferencing?

Enjoy connecting with  
others and facilitating  
discussion?

Want to help carers feel less  
isolated?

## The role at a glance...

### Q **What is an Online Facilitator Volunteer?**

We are looking for volunteers who are passionate about improving the lives of unpaid carers to help us deliver a series of interactive, informative and fun online sessions.

By facilitating or delivering an online session, you'll be enabling carers to take a short break from their caring responsibilities to connect with others.

### Q **What will you get out of it?**

This is a highly rewarding opportunity to support carers. You'll hear directly from carers about how they've benefited from the sessions and have the chance to develop your facilitation and interpersonal communication skills along the way.

### Q **What's involved?**

You will facilitate or deliver one or more online sessions for unpaid carers. This involves:

- attending Spotlight On and Me Time sessions to understand how they work
- supporting Carers Wales staff to facilitate sessions, or perhaps hosting one yourself – welcoming attendees and introducing the guest speaker, monitoring the chat and troubleshooting.

You may also wish to deliver a session yourself related to your own expertise and areas of interest.

## About our sessions

**Spotlight on** – a series of fun and relaxing sessions led by visiting speakers and practitioners, covering topics from meditation and craft to singing and Latin dance for beginners.

**Me Time** - a series of fun and relaxing sessions for carers in Wales, led by visiting speakers and practitioners.

## The skills you'll need...



- excellent online communication and facilitation skills
- a friendly personality
- basic understanding of video conferencing platforms (eg Zoom)
- subject knowledge which would be of interest to carers (if delivering a session)
- an understanding of the issues carers face is desirable.

**Interested?** Find out how we will support you and how to apply...

**Q How we will support you**

We'll give you all you need to get started. Your Volunteering Pack will include a handbook, and Zoom training. You'll also receive invites to our online meetups and be able to attend an online training/ briefing session before you facilitate or deliver your first session.

In addition, we'll send you monthly volunteer newsletters and invitations to our monthly online volunteer meetups.

**Q How to apply**

To apply, please complete our online application form. We will then be in touch to arrange an informal chat to discuss whether the role is right for you.

All volunteers must be over 18 years old. Disclosure and Barring Service (DBS) and reference checks will be conducted.

Carers UK offers equal opportunities to everyone who wants to volunteer.

If you have any further questions, please contact [volunteering@carerswales.org](mailto:volunteering@carerswales.org)

**Your time...**



Our online sessions usually last between 60 to 90 minutes, and run a few times a week.

We usually start each session 15 minutes prior to the starting time to ensure that everything is set up and to have a check-in between staff/volunteer facilitators and external guests.

We'll agree with you which sessions you'll be facilitating or delivering well in advance of when they take place.

**Where you'll be volunteering...**



This is a remote volunteering opportunity that can fit around your work and other commitments.

**“ Emotionally uplifting, gave me the opportunity to 'speak' with others, had moments of away from my caring role even though my husband was right here beside me.**

Me Time Attendee

**Follow us on social media**

 [@carerswales carerswales](https://twitter.com/carerswales)



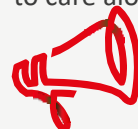
**About Carers UK**

**Our mission is to make life better for carers.**



We give information, advice and support.

We connect carers so no one has to care alone.



We campaign together for lasting change.

We innovate to find new ways to reach and support carers.

